

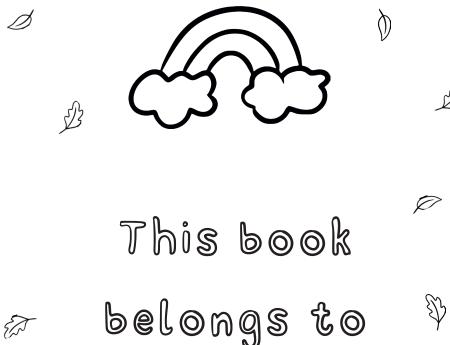
Don't be afraid of the empty bits

Don't let the edges stop you

Find your flow



Find your joy



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Grounding Activities

Exploring our lives can be tough, even if we're having fun whilst doing it.

Take your time with the workbook, and try some of these activities to help you keep grounded and connected.

1. Breathe

Calm your nervous system with slow and gentle breathing. Make your exhales slightly longer than your inhales. Allow your jaw to relax. Breathe in a way that feels natural to you.

2. Ground

Press your feet into the ground beneath you, or your body into your chair. Feel where you connect with the floor or seat. Rock gently and find the spot where it feels sweetest.

3. Sense

Wrap yourself up in a favourite blanket or jumper, wear your favourite fragrance, eat your favourite snack, listen to music, make yourself a cup of tea.

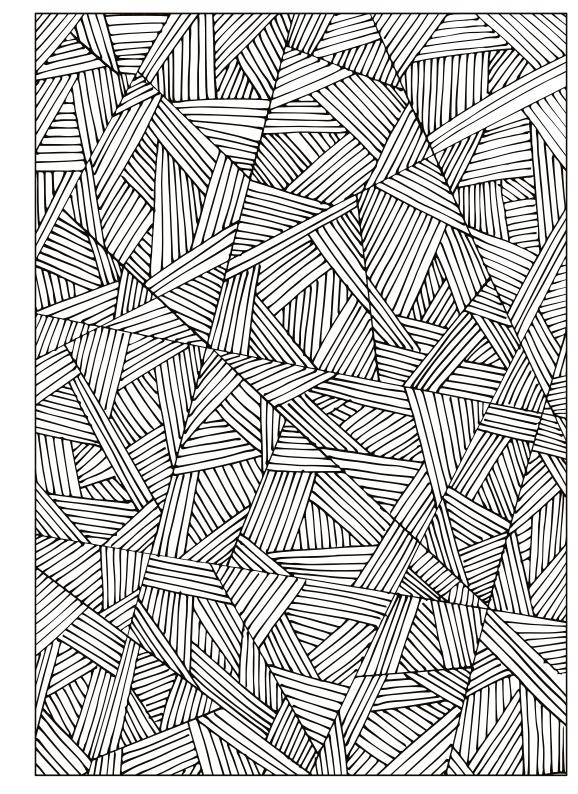
4. Observe

Write a short description of things you see, hear and smell around you. Pick out the details - colour, shadow, pitch, undertones.

5. Distract

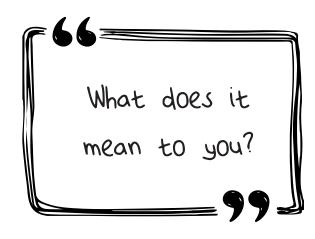
Grab a pen and paper and fill the page with squiggles. Find all the objects in the room that are your favourite colour. Water the houseplants.

Use this space to write down the things that help soothe you

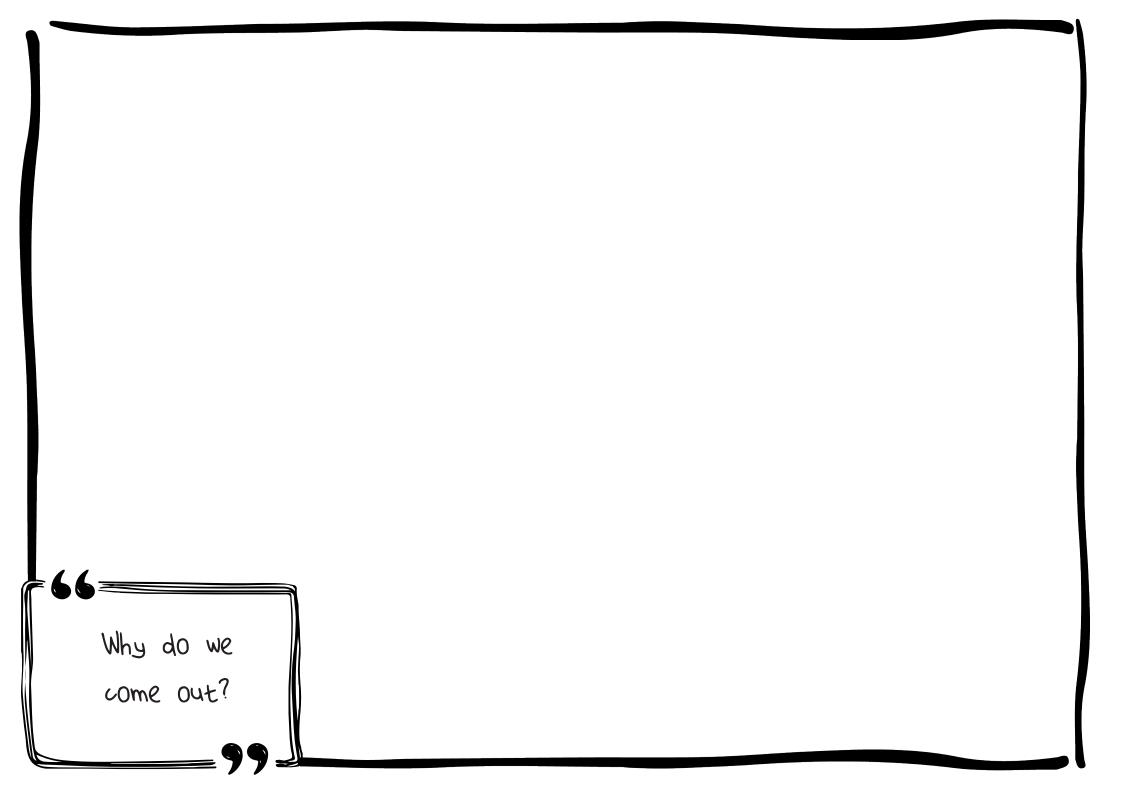


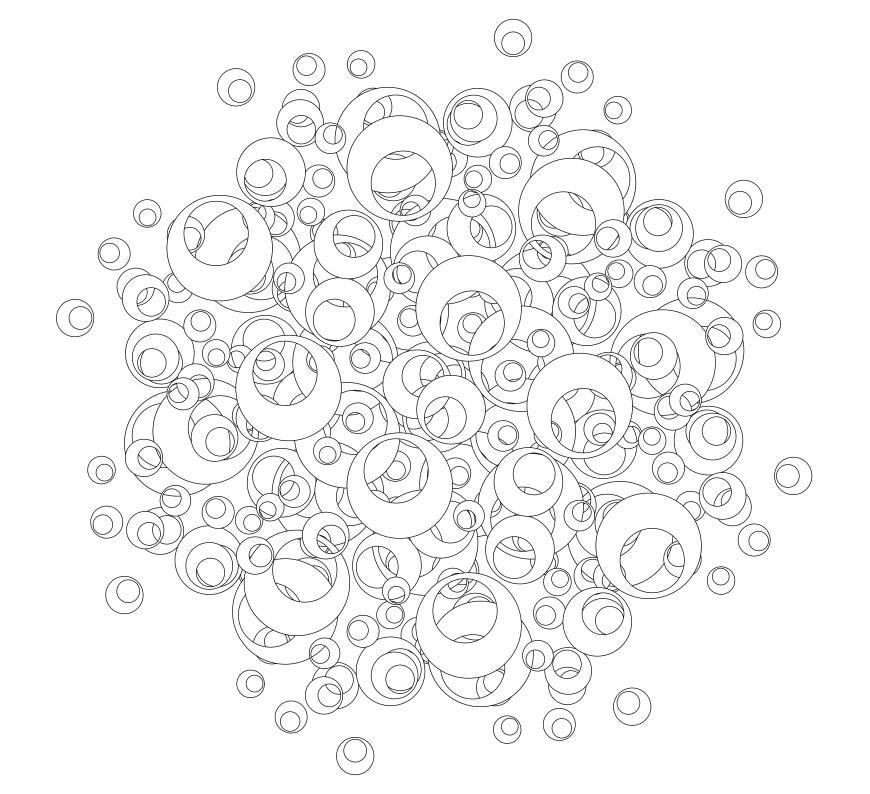


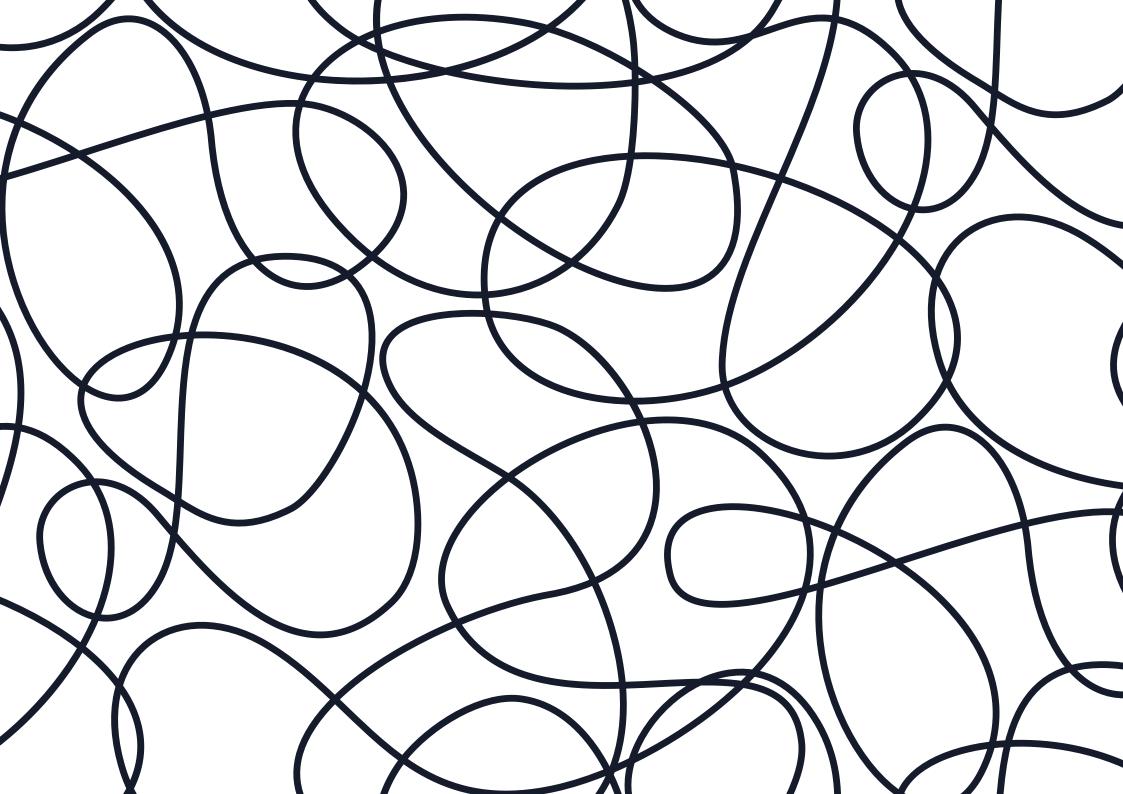


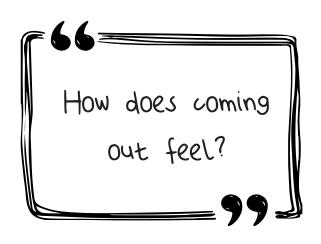


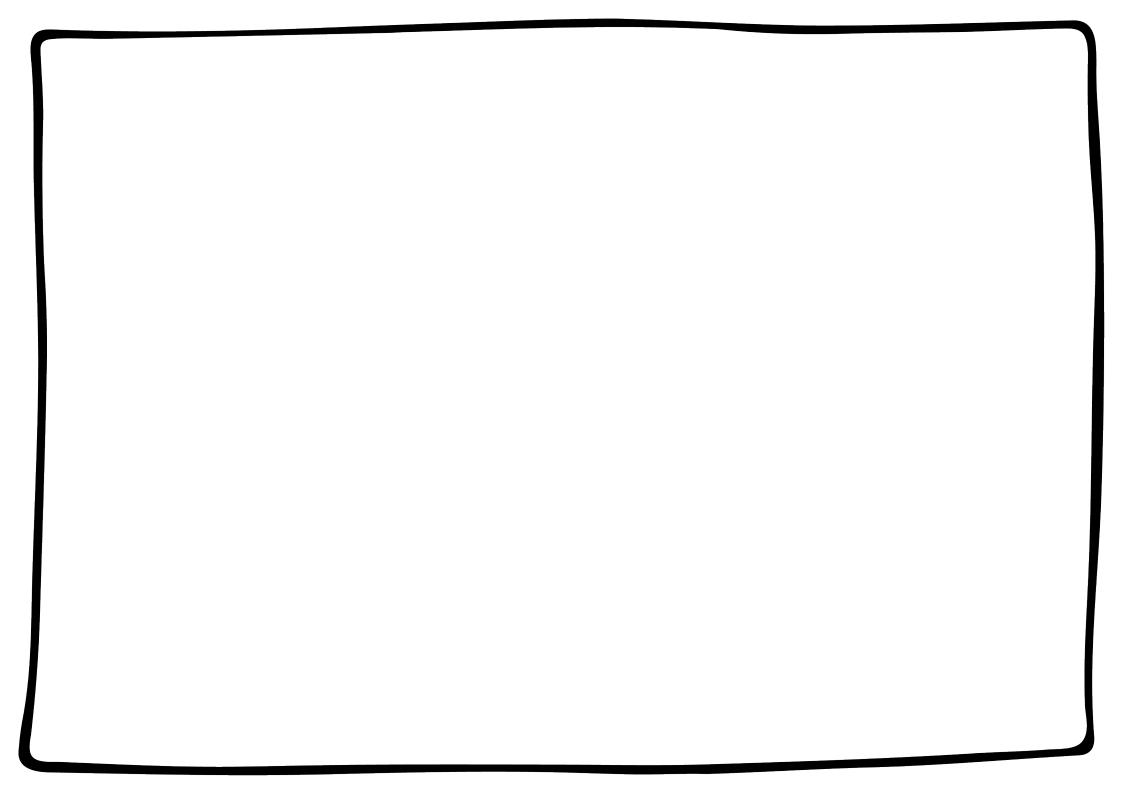


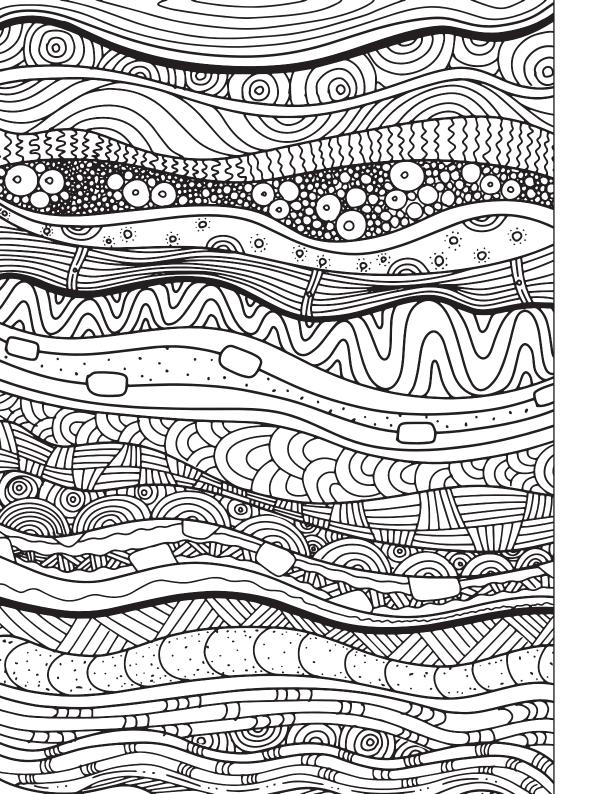












Five of my Favourite Things

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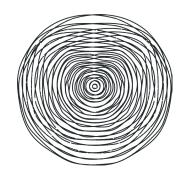
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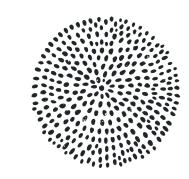
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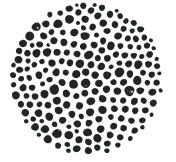
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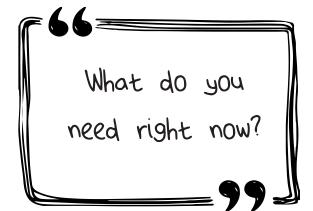


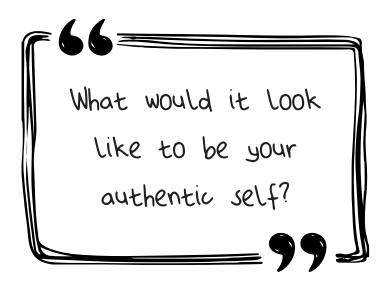




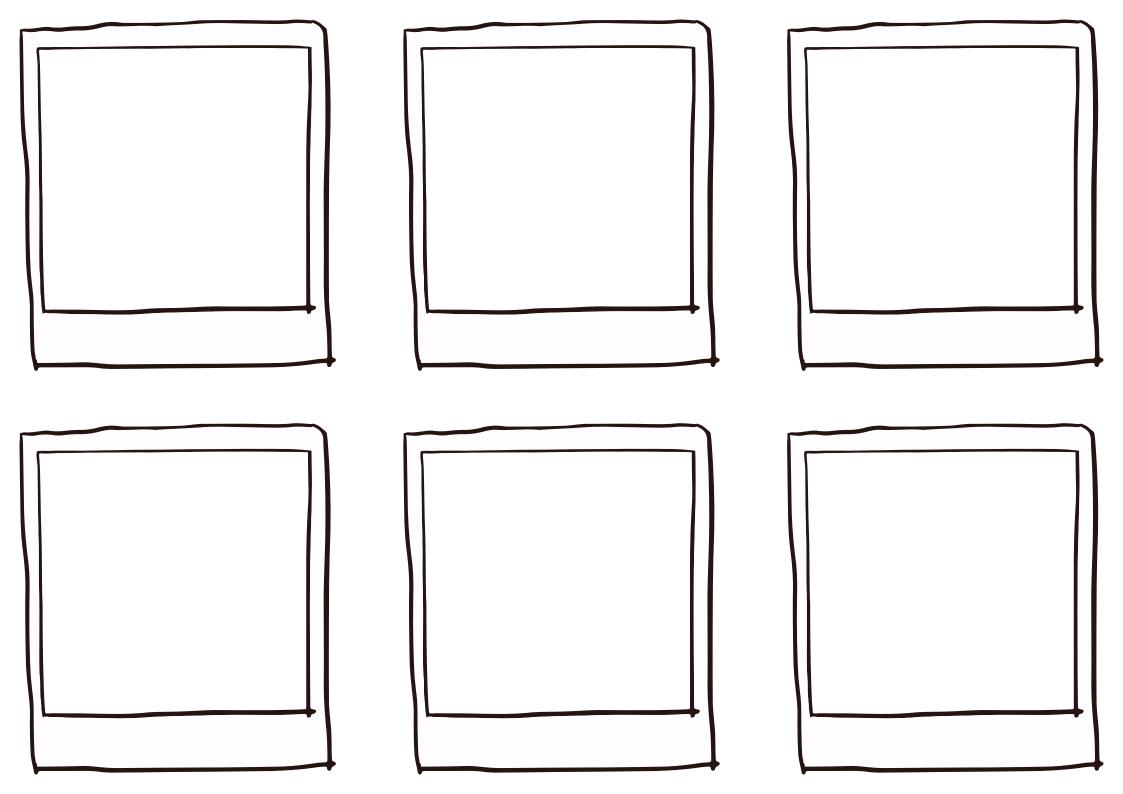


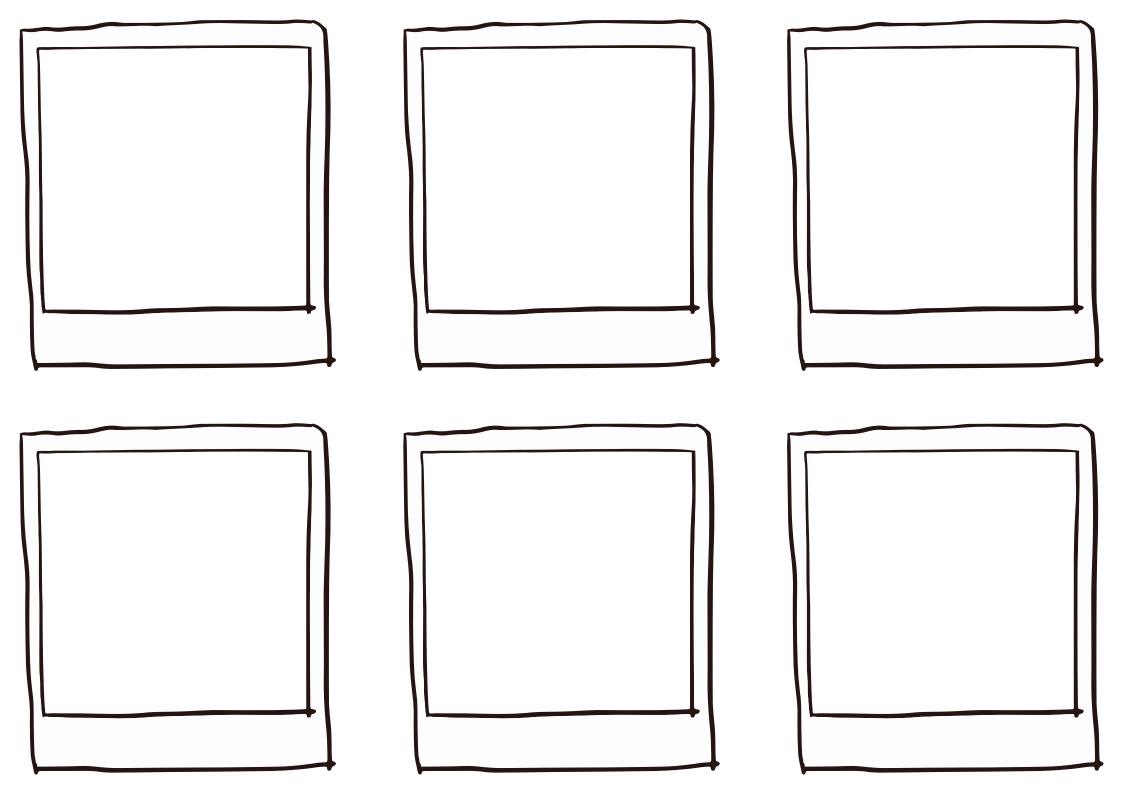


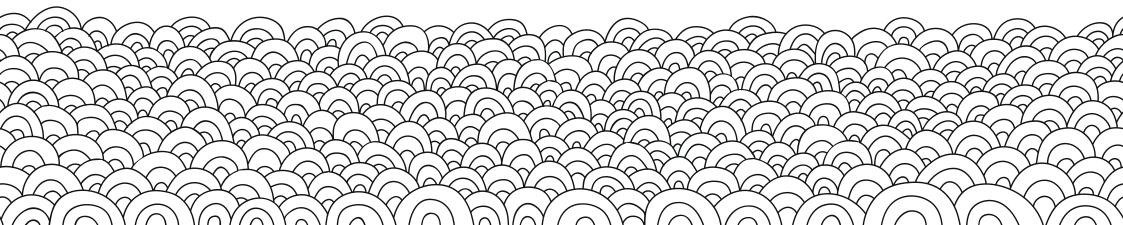


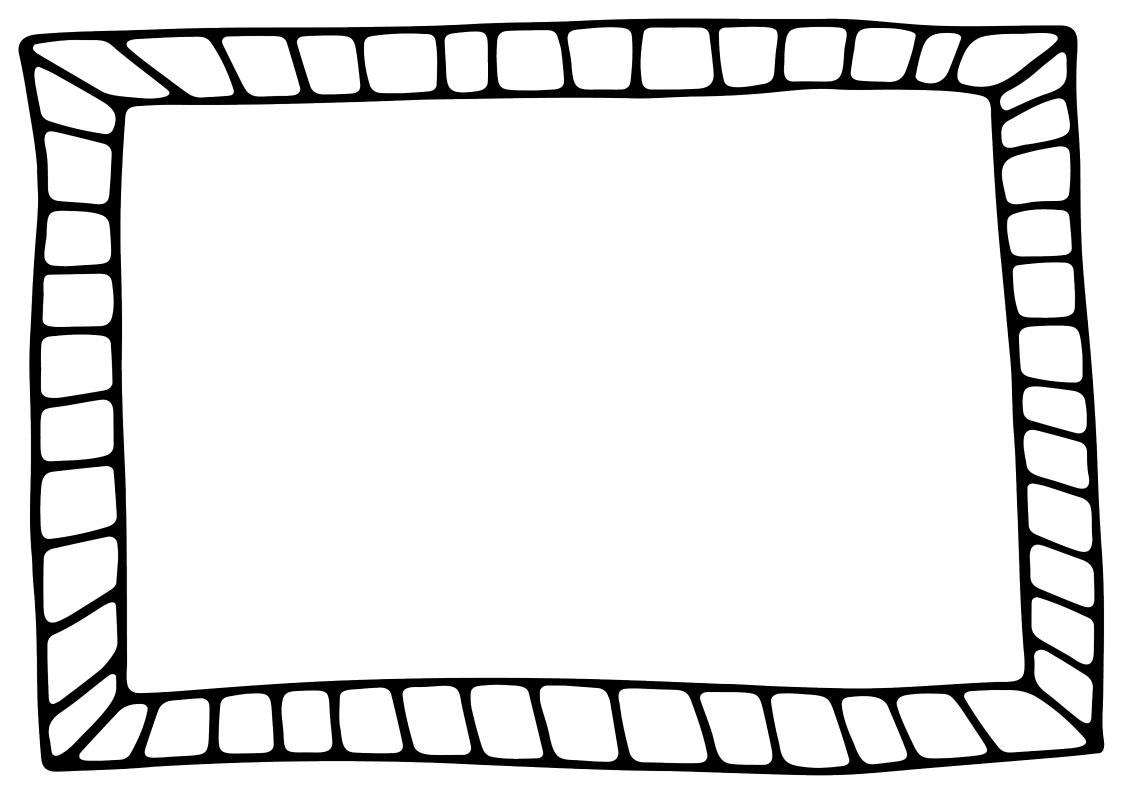




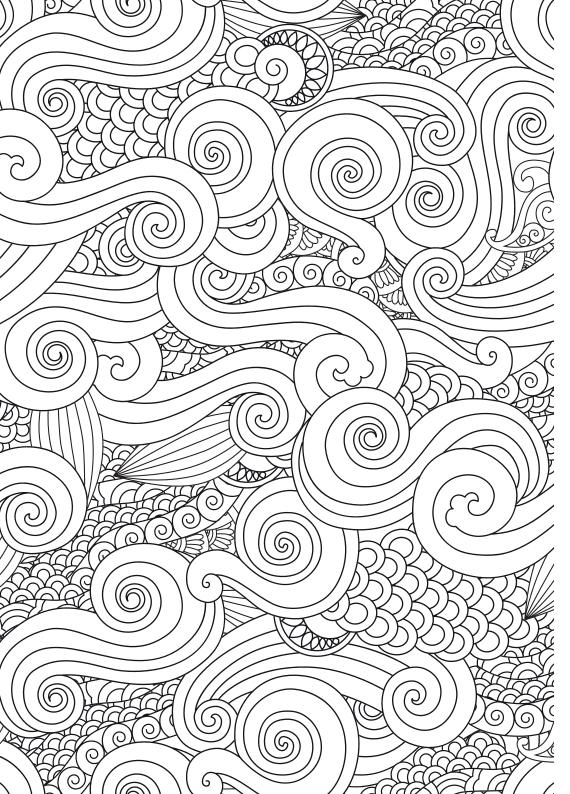












Signposting For Support

<u>Mindline Trans+</u> 0300 330 5468

The Beaumont Society

www.beaumontsociety.org.uk

Gendered Intelligence

genderedintelligence.co.uk

LGBT Foundation

0345 3 30 30 30

Mermaids 0808 801 0400

Spectra (London)

spectra-london.org.uk

Switchboard LGBT+ Helpline

0800 0119 100



The Diversity Trust would like to thank the Somerset Equalities Officer Group for their support in this project, and Sage Brice for her time, expertise, and creativity in helping to develop and deliver the workshop.

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